

Parent & Tot Aquatics Program

Level 1 • Water Adjustment

BELLA the BLOWFISH and
LIZZIE the CLOWNFISH



Course Curriculum

- ☐ Entry into water (parent assisted)
- ☐ Holding onto the wall alone
- ☐ Splashing
- ☐ Floating on back comfortably (assisted)
- ☐ Blowing bubbles
- ☐ Pushing from guardian to wall (assisted)
- ☐ Clearing mouth of water
- ☐ Pushing from guardian to instructor
- ☐ Kicking
- ☐ Submerging & holding breath (unassisted)
- ☐ Paddling with arms
- ☐ Gaining confidence in the water
- ☐ Putting face into the water (assisted)
- ☐ Participation in safety demonstration